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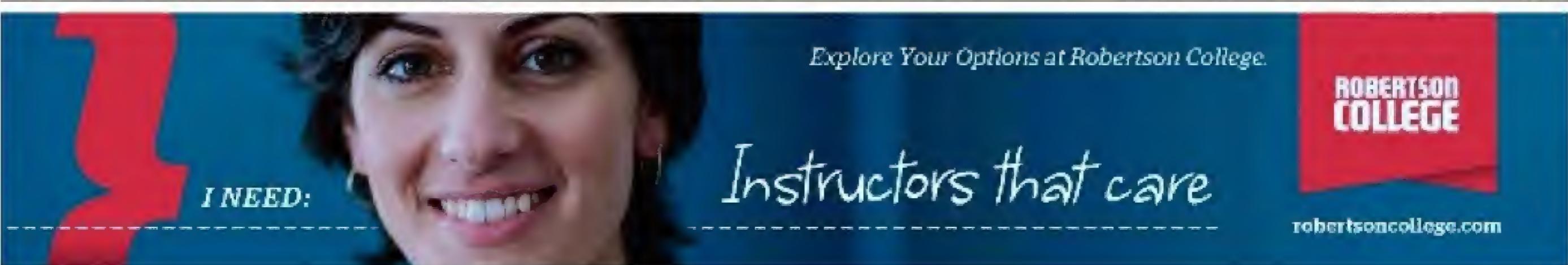
**Imagine Winnipeg**

**A LOOK AHEAD TO OUR CITY IN 2017**

INSIDE THIS SPECIAL PORTFOLIO

- WHAT LEGALIZED WEED WILL LOOK LIKE IN WINNIPEG
- The Exchange comes into its own
- INUIT ART SHOWCASED IN NEW GALLERY
- The University of Winnipeg turns 50

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# People move back into the heart of the city

## NEW HOUSING

## Development brings new residents to downtown core

**Reid Wright**

It's not hard to notice there's been a renaissance happening in downtown Winnipeg, and 2017 is going to see even more people make the move into the city's centre, says Downtown Winnipeg BIZ executive director Stefano Grande.

With work finishing up on

several of the condominium and apartment projects that have for the first time in years added construction cranes to the downtown skyline, Grande predicts 2017 will be the year we look back at as the start of a significant population flood back into the heart of the city.

"The market has arrived," he says. "All these massive investments that we're seeing downtown are starting to attract more and more people to live here."

Grande says projects like the 24-storey D Condo tower on Assiniboine Avenue, the 234-unit 300 Assiniboine building, and the Glasshouse Lofts across from the MTS Centre, will see hundreds of people moving into the



Downtown Winnipeg is becoming a great place to live. iSTOCK

downtown next year.

"Combined they'll mean a minimum of 400 moving into the downtown," he says. "These

things have been talked about and planned and now the doors are opening and the push is going to start happening now that

these buildings starting to open up."

Work is also slated to start on both the proposed 47-storey Sky City tower on Graham Avenue and the 40-storey Artis REIT tower at the corner of Main Street and Graham Avenue in 2017.

"As we're welcoming these guests, more housing developments are coming," says Grande.

And Grande says things aren't set to slow down.

"Over 800 units of new housing were just announced under the latest round of the Tax Increment Financing (TIFF) program," explains Grande, who says the TIFF program has worked wonders at luring developers into the downtown. "A tremendous

amount of investment has stimulated confidence — the right policies have been made to create a good fiscal environment for the developers to build over the last six or seven years and now it's a snowball."

Grande says with more people living downtown the perception of the area has changed and events like next year's Canada Summer Games — which he says will bring tens of thousands of people into the heart of the city to party — will further that trend.

"It just continues to build confidence in the downtown as this great place to live," he says. "The momentum has been important in changing the perspective."

## They imagined their future.

# Can you imagine yours?



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**Mayor Brian Bowman is inviting all Canadians to help celebrate Canada's 150th birthday next year in Winnipeg.**

SHANE GIBSON

**CANADA'S 150TH BIRTHDAY**  
**City at the heart of a summer of celebration**

**Reid Wright**

When Canada celebrates the big one-five-oh next year, Winnipeg will be the place to be for Canadians from across the country to properly mark the occasion, said Mayor Brian Bowman.

"We're hosting Canada here for the Canada Summer Games, and one of the things that we're thrilled about

is Winnipeg will have the hottest summer in half a century — this is 50 years for the Canada Summer Games and 150 for the nation," said Bowman. "The nation will be meeting at the centre of this great country and we can't wait to welcome the nation to Winnipeg."

The mayor isn't alone in his sentiments. Winnipeg has been making headlines in recent months, rated a notable travel destination by the New York Times, National Geographic, Elle Canada and Vogue magazine.

Canada's birthday, of course, is July 1, and while the Canada Summer Games don't start until the end of July, Bowman is confident Winnipeggers' can stretch the birthday party into a month-

long shaker. "We're absolutely going to do what Winnipeg's known for, which is throw one hell of a good party."

If anyone in Canada isn't yet aware of how we do in Winnipeg, they'll get a good idea of it on July 1 when The Forks is set to host a massive nationally-televised celebration for Canada's birthday.

"We're going to be one of the central regions in Canada for both New Years and Canada Day," explained Paul Jordan, CEO of the Forks

Renewal Corporation. "We're working with our federal partner to put on a really big show for Canada Day."

The Forks has been chosen as one of a handful of spots across Canada that will join a national broadcast marking Canada Day, and Jordan said that means the eyes of the nation will be on the city's party.

"Manitoba will represent the Prairie region, so it's an exciting year to be a Winnipegger."

**We're absolutely going to do what Winnipeg's known for, which is throw one hell of a good party.**

Mayor Brian Bowman

**THE ART OF CELEBRATING CANADA DAY: ARTISTS COLLABORATE ON A COAST-TO-COAST-TO-COAST EXPLORATION**

The Winnipeg Art Gallery is marking Canada's 150th birthday by hosting a unique coast-to-coast-to-coast artistic journey next summer.

The project, called Art Express'd/Art Exprimé, will see three 20-foot-long metal shipping containers turned into mobile art studios that will travel to every province and territory via train, truck, and cargo ship over three months during the summer of 2017.

The travelling art show will hit 15 communities before ultimately converging in Winnipeg to celebrate Canada's 150th birthday. Three contemporary artists will be traveling the three routes — southward, eastward, and westward — leading a collaborative art-making project designed to inspire the public to explore their visions of Canada.

Go to [canada.wag.ca](http://canada.wag.ca) to see live feeds and video footage of the shipping containers' travels.

REID WRIGHT



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# 'The Exchange is now the destination'

## NEIGHBOURHOOD BOOM

### Brewery sets up shop with eye on growth

**Austin Grabish**

If there was a time to see Winnipeg's Exchange District booming, Kevin Selch would tell you it's now.

The founder of the soon-to-be-open Little Brown Jug Brewing Company is standing under a glow of lights next to a lauter vessel looking out onto William Avenue.

"This is going to create an amazing streetscape onto the street," Selch said.

Little Brown Jug is the first brewery to set up shop on the west side of the Exchange. It's named as such because you'll be able to bring in your own jugs to get beer, and because Selch likes the ring it has.

"Of course it has a musical quality, there is an American civil war era drinking song 'little brown jug,'" he said.

Selch has big plans for when his shop, pressed inside a 100-year-old bus garage, opens to the public.

"We have a lot of room to grow," he said.

"People travel to cities and want to check out breweries."

Selch, a former economist, left his job with the federal government in Ottawa in June to start Little Brown Jug.

He had been itching to come back to Winnipeg and one place in particular — the Exchange.

"We're down here because we care about the Exchange," Selch said.



**Kevin Selch, founder of Little Brown Jug Brewing Company, a soon-to-open microbrewery on William Avenue in the city's Exchange District. AUSTIN GRABISH**

"It's a special place. It has so much potential."

The microbrewery hopes to start serving a Belgian pale ale dubbed 1919 sometime in November.

For Brian Timmerman, the executive director of the Exchange District Biz, Little Brown Jug shows the Exchange

is more than just shops and restaurants, which was the case a decade ago.

"Before it would have been kind of like a one-trick-pony," said Timmerman, who's been working in the area for 13 years.

"The change is the Exchange is now the destination."

Timmerman says most buildings in the neighbourhood, including old warehouses — a staple in the area — are being turned into something viable and many are multi-purpose.

"On the main floor you may still have a restaurant or coffee shop, second floor you got a law office, or something like

that, and then the upper floors are the condos or rental units and that's what's successful," he said.

"We're almost getting tapped out on buildings."

Timmerman said growth in the area has been contagious and he's banking on that to bring vacant parts of Albert

Street up to par with the rest of the area.

He said it's likely a small urban grocery store serving fresh bread, meat and ready-to-go meals that could soon pop up in the neighbourhood.

"What you will see is a community that's almost self-sustaining," he said.



### Pre-game rituals: #finditdowntown

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The image shows the cover of a booklet titled 'FROM PLATE TO SKATE: YOUR GAME DAY GUIDE TO GREAT GRUB'. The title is written in a stylized, white, hand-drawn font. Below the title is a large, appetizing sandwich filled with meat, cheese, lettuce, and other toppings. The background of the booklet cover is dark, and there are white star-like shapes and a small white arrow pointing towards the sandwich. At the bottom of the booklet cover, there is a teal-colored bar with the text 'Cheers and beers, family friendly eateries, or quick sips: find all the action nearby!' and the website 'DOWNTOWNPEGGY.COM' in a large, bold, blue font.

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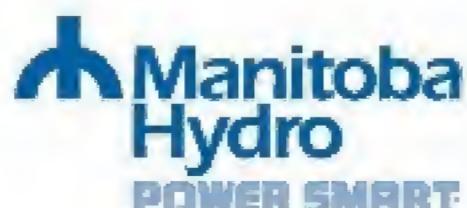
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## 8 metro SPECIAL REPORT: IMAGINE WINNIPEG

# Challenges faced by Indigenous youth a priority for chamber

#### CHAMBER OF COMMERCE

**'There's just so much more to do,' new president says**

**Donna Maxwell**

Loren Remillard doesn't have hard numbers when it comes to youth Indigenous employment in Winnipeg, but he knows the situation is dire.

"The issue is acute, no doubt about it," said Remillard, the new president of the Winnipeg Chamber of Commerce.

"We do know ... that unemployment within the Indigenous community is significant, more so than youth unemployment in other diverse communities."

The challenges facing Indigenous youth — and their employers — were driven home at a June meeting where the chamber partnered with the Winnipeg Poverty Reduction Council to host 30 employers, from small to large scale, to explore ways to get more Indigenous youth working. Remillard sees it as something they must continue working on in 2017 and years to come.

The scope of the situation was made clear by an em-

ployer who talked about a new hire, an 18-year-old Indigenous male, who she was thrilled to have working for her and whose work she was pleased with. Then she found out he grew up in Child and Family Services care, and because he'd turned 18, was now homeless.

"This really spoke to her on a personal level," Remillard said.

"It was devastating to her and she really struggled to tell the story because it spoke to (the fact) there's just so much more to do here, we need to do more."

The Indigenous population is growing and Remillard said employers, who are looking to fill a shortage of skilled and committed labour, need to tap into that population.

"It's an opportunity for us. Too often we talk about it in terms of it being a challenge

but the fact remains it really is about the opportunity that resides within our Indigenous community, particularly Indigenous youth," he said.

"Here you have an opportunity on one side and you have a need on the other, and so how can we as a community, working as partners with the Indigenous community and their leaders? How can we build bridges between the need and the opportunity?"

Indigenous youths are more likely to stay in their



**Loren Remillard, president of the Winnipeg Chamber of Commerce.** CONTRIBUTED

home province, making them ideal candidates for employers.

"You have a community that's committed to Manitoba and ... this is such a tremendous advantage for us as employers."

While the June meeting yielded some positive outcomes in defining what needs to happen next, Remillard said work must continue.

"This to me is one of the critical defining moments as it relates to our Indigenous community right now," he said.

"We have such a tremendous opportunity."

The discussion will continue at the Nov. 21 chamber membership luncheon where the topic will be Winnipeg's business community and the strides it's made in putting the Truth and Reconciliation Commission's Calls to Action into action.



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# Winnipeg metro

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# 'REJECT FEAR AND CHOOSE HOPE'

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# Election is 'test of our time'

PHILADELPHIA

## Clinton's final push for votes with star-studded rally

Closing out a wildly unpredictable White House race, Hillary Clinton and Donald Trump blitzed through battleground states Monday in a final bid to energize supporters. Clinton, backed by an emotional appeal from Barack Obama, urged voters to embrace a "hopeful, inclusive, bighearted America," while Trump vowed to "beat the corrupt system."

The candidates rallied voters late into the night, a frenzied

end to a bitter election year that has laid bare the nation's deep economic and cultural divides. Clinton and Trump were both nostalgic at times, looking back fondly at a campaign that has put each on the brink of the presidency.

Clinton campaigned with confidence, buoyed by FBI Director James Comey's announcement Sunday that he would not recommend criminal charges against her following a new email review. The FBI inquiry had sapped a surging Clinton momentum at a crucial moment in the race, though she still heads into Election Day with multiple paths to the 270 Electoral College votes needed to become the nation's first female president.



**The real question for us is what kind of country we want to be.**

Clinton closed her campaign alongside the last two Democrats to occupy the Oval Office, Obama and her husband, former President Bill Clinton, as well as first lady Michelle Obama.

In a nod to the deep divisions that await the next president, Clinton said she'd come to "regret deeply how angry the tone of the campaign became."

She cast the choice facing voters Tuesday as a "test of our time."

"We know enough about my opponent, we know who he is," Clinton said, addressing tens of thousands of people sprawled across Philadelphia's Independence Mall. "The real question for us is what kind of country we want to be."

Obama's address amounted

to a valedictory for a president whose popularity has grown in his final year in office.

"America, I'm betting on you one more time," Obama said. "I am betting that tomorrow you will reject fear and choose hope."

Trump, who sped through five rallies Monday, recalled the rivals he'd vanquished and how far he's come since launching his improbable candidacy. As he surveyed the crowd in Scranton, Pennsylvania, he declared, "It's been a long journey."

Clinton tried to fly above the controversy Monday, making no mention of the FBI during her rallies. She was closing out her campaigning with a midnight rally in Raleigh, North Carolina.

THE ASSOCIATED PRESS

## Words from Philadelphia

### Michelle Obama:

Voters have a chance on Tuesday to stand up to "those who seek to divide us and make us afraid."

**Barack Obama:** They "have somebody extraordinary to vote for" in Hillary Clinton.

**Bill Clinton:** Decide whether "we are going to change forward together or backward."

**Bruce Springsteen:** Her candidacy is based on "intelligence, experience, preparation."

# This moment is about Canada, too

Tensions highlighted in the U.S. election could head north



**Vicky Mochama**  
Metro | Toronto

Fear has been the soundtrack to this election.

Fear sounds like crowds turning on the reporters sent to cover them. Fear sounds like cries of "Lock her up!" Fear sounds like cable news pundits saying, "That's just how men speak in locker rooms."

It is the fear of those who now feel left out of the American Dream in the way

that blacks, Native Americans and queers always have been. There is a deep terror that even American power looks different: first, a black man, and now, a woman.

I can't help but be concerned that the same elements that propelled Donald Trump are sitting just under our noses: a distrust of immigrants, a struggling economy, and a bitterness that Canada no longer looks like it used to.

This country is changing. In the last three years, hate crimes against Muslims

in Canada have more than doubled even while overall hate crimes lessened.

The Rebel, a Canadian-based news company run by ex-Sun TV host Ezra Levant, has claimed that most Syrian refugees are fake. A columnist for the Toronto Sun continues to peddle the notion that Maryam Monsef's recent discovery of her birthplace is a massive lie. (It is not.) Conservative leadership candidate Kelly Leitch has talked of testing immigrants and refugees for "anti-

Canadian values." One of her rivals, Steven Blaney has also suggested a ban on the niqab for public service workers saying, "We don't want our country to become like the country they left."

Canada was once spared the worst of the global economic downturn. But our economy is now faltering. The Canadian oil industry, for example, is experiencing a significant slump. In the expansion of employment benefits to interior B.C., Edmonton and southern Saskatchewan, almost

all of the applicants were men. Compared to 2015, there has been an 11 percent increase in male EI beneficiaries according to Statistics Canada. Clearly, men are struggling.

Entrenched unemployment in once-booming areas like the Alberta oilfields threatens to turn its mostly male workers into a seething political class. Men who felt they had the promise of manufacturing, farming and resource jobs may, rightfully or not, resent being left behind.

Economic distress and racial

animus make for dangerous politics.

Like waiting for the West Wing to get onto Netflix, Canada tends to get everything America does only a couple years later.

Sure, I dread that under a still-possible Trump presidency, a wall will be built, that Muslims will be banned, and that women won't be able to walk safely into the Oval Office.

But here at home, I fear the election's cruel, racist and anarchic streak may yet head north.



# Woman 'shocked' at cabbie

## PUBLIC SAFETY

**Says taxi driver propositioned her during ride**

**Stephanie Taylor**  
Metro | Winnipeg

Patricia Nosal has a lot of 'what ifs' running through her mind.

The 20-year-old West End woman alleges a cab driver propositioned her for sex during a recent ride home alone, even arranging for another cab and a man to meet at her house.

Nosal said she had hopped in a Duffy's Taxi cab early Sunday morning after grabbing a late-night bite with friends at Johnny G's Restaurant on Main Street.

She described the driver as friendly, playing music of her preference and dancing along with her during the ride, which took place around 3:30 a.m.

"But at one point, he turned to me and asked me if I'd like to make some extra money," Nosal said.

She declined his offer, saying, "That's not me," and shrug-



University of Winnipeg student Patricia Nosal. LYLE STAFFORD/FOR METRO

ging it off.

"I think one can put two and two together," Nosal said of the offer, underlining it was an obvious ask for sex.

When the car arrived at her residence, Nosal paid and stepped out, noticing another cab was parked nearby. She said the passenger of the other cab

got out and asked her if she wanted to "make some extra money tonight."

"I just looked at him, and then I looked at my cab driver, and I was like, 'I don't know what the hell you guys are trying to do here, but I'm not interested.' and I just walked away," she said.

Nosal said she has made a telephone statement to police and was told police would inform the Taxicab Board.

"I'm shocked and I'm lost for words because the thoughts going through my mind ... there are so many what ifs," said Nosal.

The manager of Duffy's Taxi

**There is behaviour that will not be tolerated.**

Coun. Ross Eadie

says the incident is under review.

"All accusations are taken seriously and disciplinary measures will be taken if appropriate."

"It would be inappropriate for us to comment any further before we have a clear picture of the other night's events," an email statement from Ram Valulu read.

Coun. Ross Eadie, the city's representative on the Taxicab Board, says better video cameras with audio capability are needed in the cabs to provide better evidence when allegations like these surface.

"We, as a taxicab board, over the last couple of years since I've been on it, have worked diligently to send out the message to taxi cab drivers, that there is behaviour that will not be tolerated," said Eadie.

"I think we've weeded out many of them, and we will continue to do that."

**MARION STREET**  
**Consultant do-over has residents concerned**

A city committee has scrapped a \$556 million plan to widen Marion Street, and instead asked a consultant to go back to the drawing board — a consultant some residents believe "botched" the job in the first place.

Councillors on the infrastructure renewal and public works committee voted unanimously to pay MMM Group \$200,000 more to complete an additional design study to find cheaper options to relieve traffic congestion at the intersection of Marion and Archibald streets.

That did not sit well with Sandra Dupuis, member of the South St. Boniface Residents' Association, a group that panned the initial project.

"They botched everything so badly that ... we couldn't believe that they were even considered again," she said.

Dupuis listed one of the main concerns being that only those residents and property owners whose lands were subject to expropriation were contacted, leaving out the rest of the neighbourhood. STEPHANIE TAYLOR/METRO

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# Turning garbage into gifts

CYCLE OF GIVING

## The WRENCH asks for cash, volunteers handy or not

**Braeden Jones**  
Metro | Winnipeg

A local bike repair hub is kicking off a "cycle of giving" (COG) to both recruit volunteers for its annual bike-gifting efforts, and raise funds for its altruistic programming.

Jon Benson, a program coordinator for The WRENCH, said he's currently seeking volunteer mechanics to turn trashed bikes into holiday gifts for kids in need for the sixth annual COG event on Dec. 10, and also hoping to raise around \$15,000 for general operations year-round.

"Those less mechanically inclined can help out at an event... or haul the bikes out of the dump leading up to the (bike building day) in a month," Benson said of the current campaign.

Last year, around Christmas, the COG provided more than



**The annual cycle of giving (COG) sees volunteers help the WRENCH convert garbage bikes into holiday gifts for needy children, which spreads cheer, reduces waste and empowers youth in one fell swoop.** CONTRIBUTED/THE WRENCH

400 complete refurbished bikes to largely "marginalized youth" or kids from inner-city families.

First, COG volunteers will help haul bikes and bike parts out of the Brady landfill. Then, in just over a month, volunteer mechanics will participate in a 24-hour bike building marathon at Rossbrook House (658 Ros-

brook Ave.) to turn "garbage into holiday presents for kids who otherwise wouldn't have access," Benson said.

Benson said the end result, after various youth agencies, schools and daycares help gift the new-again bicycles, is a "viable, cheap form of transportation that encourages healthier

living and is a great way to get around."

For anyone who can't volunteer before or during the build-a-thon, Benson asks they contribute to the WRENCH's fund-raising campaign instead.

"There is funding through the city and different foundations, grants, but a lot of it isn't super

**(Volunteers) less mechanically inclined can help out at an event... or haul the bikes out of the dump.**

Jon Benson

stable, so we require people to kick in that extra money to run things regularly throughout the year," he said.

Programming includes the "earn a bike" program that teaches kids how to fix bikes and rewards their hours worked with a bike at the end of their apprenticeship.

"Basically they work their way up to building their own bike that they can then keep by putting in time at the shop," Benson explained.

Prospective volunteers can reach out to Benson to offer help at [cycleofgiving@gmail.com](mailto:cycleofgiving@gmail.com), to either help with the bikes or the Dec. 10 event, and potential donors can contribute to the WRENCH on its website, through Facebook, or by dropping into the shop during business hours.

## CRIMINAL COURT Teen rapist cognitively disabled: Defence

A man who pleaded guilty in two high-profile sex attacks, including one that left a victim near death along the shores of a frigid Winnipeg river, suffers from fetal alcohol spectrum disorder and reads at a Grade 3 level, a court was told Monday.

The man, who cannot be named because he was 17 at the time of the attacks in 2014, also suffers from post-traumatic stress disorder due to sexual abuse he suffered as a child, reads a forensic psychology report entered into evidence.

Testing showed the man's "full-scale IQ value falling below 70 — considered within an 'extremely low' range," the report states.

The man pleaded guilty earlier this year to two counts of aggravated sexual assault. The Crown wants the man sentenced as an adult, and a four-day hearing on the issue started Monday.

A co-accused, Justin Hudson, 22, has also pleaded guilty to the same charges.

THE CANADIAN PRESS

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**metro**

## FOCUS ON EDUCATION

LABOUR ACTION

## Sides frustrated as strike now longest in university's history

  
**Jessica  
Botelho-Urbanski**  
For Metro | Winnipeg

If there's a single thing both the University of Manitoba and its faculty association can agree upon, it's that both sides are "incredibly frustrated" with stalled conciliation talks, says University of Manitoba Faculty Association (UMFA) president Mark Hudson.

Tuesday marks day eight since UMFA hit the picket line, leaving about 30,000 U of M students affected in some way by class cancellations.

There were no more planned discussions between the university and UMFA as of Monday afternoon, according to the U of M's vice-president external John Kearsey. Both sides are waiting for the other to budge on issues of workload and performance metrics used to rate faculty.

**(UMFA) wants to strip the deans of their abilities to be able to talk about workloads and to be able to rule on workloads.** John Kearsey

The UMFA strike is now the longest walkout the faculty association has undertaken this century, their last one happening over four days in 2001.

The university presented UMFA with a settlement proposal Sunday evening, which they rejected outright, Hudson said. The U of M offered to employ more graduate student teachers to help ease professors' workloads, a move which Hudson said UMFA welcomes, but that shouldn't be tied to their contract negotiations.

"The university has yet again tried to change the channel on us rather than responding to the voice of our membership and its clearly expressed priorities," Hudson said. "They've tried to sort of divert attention with really very, very minor modifications to their proposals and it's something that just doesn't come anywhere close to resolving the issues as we see them."

UMFA also put forth a complaint with the Manitoba Labour Board on Monday, alleging an unfair labour practice after the university discussed their contract negotiations with the provincial government in early October. The university said they will be responding to the complaint as it's reviewed by the labour board.

In the meantime, Kearsey said UMFA's requests for the university to monitor workloads across the board — and not allow them to be supervised by department — won't fly.

"They want to strip the deans of their abilities to be able to talk about workloads and to be able to rule on workloads," Kearsey said. "And that's intangible for the University of Manitoba, as it is intangible for most universities across the country."

Hudson said in recent years, arts instructors have seen their workloads rise by 30 per cent, while science profs have been asked to teach one extra course per year. Class sizes continue to grow by the dozens as well, contributing to professors' stress, he said.

# End sexual abuse: Inuit

## INDIGENOUS ISSUES

## Federal leaders asked to stand up to protect children

Prominent Inuit politicians are urging Canada's leaders — indigenous and otherwise — to protect children from the scourge of sexual abuse and suicide running through indigenous communities, saying no child deserves to have their innocence stolen.

The head of Canada's national Inuit organization says it is incumbent upon all leaders to proclaim that abuse in indigenous communities is unacceptable.

Natan Obed, president of Inuit Tapiriit Kanatami, is himself no stranger to intergenerational trauma; his own father struggled with alcoholism after falling victim to sexual and physical abuse at residential school.

"There is no way to talk about this issue without it being difficult," Obed said in an interview. "I always think of the children, the children that shouldn't be abused and they are at the centre of my thoughts."

Children deserve the right to



Natan Obed, president of Inuit Tapiriit Kanatami, is no stranger to intergenerational trauma.

THE CANADIAN PRESS

live happy, healthy childhoods and to fulfil their potential, he added.

"We need to do more to keep our children safe," Obed said. "We know the risk factors that child sexual abuse is for suicide."

Talk of sexual abuse often falls on deaf ears at all levels of government, a frustrated Iqaluit Mayor Madeleine Redfern said

Monday following a media investigation that highlights the alarming prevalence of sexual abuse in some indigenous communities — and the fact that it remains an open secret.

"If you acknowledge it, you have to deal with it," Redfern said. "Just the same way that the Catholic Church abuse went on for decades; that was an open se-

cret until media ... decided that those stories needed to be told."

Independent Sen. Murray Sinclair, the chairman of the Truth and Reconciliation Commission which explored the depths of Canada's residential school legacy, said data is sorely lacking that could point to the magnitude of the problem inside indigenous communities.

Sexual abuse has gone beyond residential school survivors, their children and grandchildren, said Sinclair. The cycle of abuse has infected subsequent generations, he warned. Children are abusing each other across generations; members of street gangs are victimizing young girls; and women are being hauled into the sex trade.

Mental health resources to address the issue and research possible connections to the alarmingly high number of indigenous suicides are sorely lacking, especially in Canada's far North, Sinclair noted.

A 2012 Statistics Canada report found rates of sexual offences against children and youth were highest in the territories — the Northwest Territories and Nunavut recorded the highest rates in Canada, followed by Yukon.

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## COURTS Bid fails to stop feds revoking citizenship

A bid to stop the federal government from revoking Canadians' citizenship without a hearing has failed.

Federal Court Justice Russell Zinn has dismissed a case brought by the Canadian Association of Refugee Lawyers and the British Columbia Civil Liberties Association.

The two advocacy groups had sought a stay of a section of the Citizenship Act that allows the government to revoke the citizenship of anyone deemed to have misrepresented themselves.

The law is being challenged as unconstitutional but until that case is settled, the Federal Court has since January been systematically granting stays to individuals who apply for them.

The advocacy groups asked Zinn to impose a blanket stay for everyone who receives a notice of citizenship revocation. But Zinn ruled Monday that a blanket stay can only be ordered if the harm caused by the law is unavoidable. In this case, he said, it is avoidable because any individual can apply for a stay. THE CANADIAN PRESS

## IN BRIEF

## National ocean protection plan announced in Ottawa

Ottawa announced a \$1.5-billion marine safety plan Monday to protect the Pacific, Atlantic and Arctic oceans. It includes funding to create a marine safety system, restoring ecosystems, and oil spill research. The government says change will be seen as early as next year, such as opening a Maritime Rescue Sub-Centre in St. John's, N.L. THE CANADIAN PRESS

## OVERDOSES

## Experts call for national opioid strategy

## BY THE NUMBERS INSIDE THE CAMH STUDY

**2K**

High-end estimate of the number of Canadians who have died of opioid overdoses in 2015

**20K**

High-end estimate of the number of Canadians who have died of opioid overdoses in the past decade

opioid overdoses in 2015, and many provinces are on track

for an even higher number of deaths in 2016.

"It's a real public health disaster," Fischer said.

In a separate report Monday, the Toronto centre urged Ottawa to launch a review of all prescription painkillers sold in Canada and said high-dose opioid medications should be pulled from the market. Other recommendations include:

- Developing and enforcing guidelines for prescribing opioids only in exceptional cases.
- Prescribing opioids in lim-

ited dosages and for a limited duration.

- Establishing real-time electronic prescription monitoring systems across Canada.

"It is late — but not too late — to move toward reducing the toll of opioid overuse," Fischer said.

The federal government is holding a summit on opioids in Ottawa on Nov. 18, which will include addiction experts and organizations such as CAMH.

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## MONTREAL

## Trove of First World War artifacts tucked away

The book is labelled A Soldier's Diary, and its century-old pages tell a story of the Great War that might otherwise have been forgotten.

The First World War relic, in remarkable condition given its age, once belonged to a Montreal private named Clarence "Buster" Booth of the Victoria Rifles and was actually forbidden for soldiers.

"Diaries were not actually permitted, they were illegal, and the idea was that if you were ever captured ... you could accidentally give information to the enemy."

explained Caitlin Bailey, curator of the Canadian Centre for the Great War, in an interview. "But pretty much everyone kept some sort of notebook."

The diary is one of the nearly 5,000 First World War artifacts collected over nearly three decades by Montreal businessman Mark Cahill. Some of the massive collection is on public display, tucked away on the second floor of Cahill's company's offices in a refurbished factory.

The collection includes everything from pins, medals and helmets to uniforms, weaponry,

personal effects and letters.

"At the end of the day, it's not about a war; it's about all our families, all our friends, a common experience," Cahill said. "It's what we try to do here. We try to tell the individual story — the story of the common people and the experiences they had."

Cahill's interest in war is personal; his grandfather was a First World War vet, a member of the U.S. army. His father served in the Second World War.

One yarn is from Booth's diary, which contains entries from his enlistment in 1915 until mid-



Photos of soldiers from the First World War from a collection amassed by Mark Cahill. RYAN REMIORS/THE CANADIAN PRESS

1916, when the writing abruptly stopped following the private's hospitalization for severe shell shock.

"When you read it, it's a very clear picture of someone who was very excited about a very big adventure that was coming," said Bailey. "And when he got to where it was going and realized it wasn't quite what he thought it was going to be, it becomes increasingly sad and despondent."

Bailey is hoping for a larger space in Montreal to be able to fully display all of the items.

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New Orleans, LA delegate Sylvia Crier cheers during the fourth day of the Democratic National Convention in Philadelphia, Pennsylvania. GETTY IMAGES

## New Orleans: A parallel universe

Rosemary Westwood relocated from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.



**ROSEMARY WESTWOOD**  
From the U.S.

The most striking part of New Orleans amidst the climax of this super-sized election is the silence.

You would think Trump and Clinton would be on the tip of many tongues. Here, they just aren't. Not in bars, not in restaurants, not in the streets or shops.

Sure, there are TV ads with a bad Clinton impersonator wielding a chainsaw over a computer or a mix tape of offensive Trump clips paid for by Louisiana Democrats. There's the odd Trump/Pence sticker

on pickup trucks. There's even a conspiracy theorist Uncle Sam character in the tourist-packed French Quarter selling "Hillary for 2016" bumper stickers.

But average folk here seem in a parallel universe. You'd hardly know there was a choice to be made at all.

"They're depressed," said the man behind the counter at Verti Marte, home of perhaps the best muffuletta sandwich, who agreed election banter was scarce. "They think Hillary's gonna lose."

"Normally I trust the polls, but this time I think they're wrong," he went on. "I look at the rallies. Obama had tens of

thousands. Trump's got tens of thousands. Hillary's got nobody."

To my appalled face, he responded: "It's gonna be alright, baby. Trump's gonna create jobs. You'll see."

A New Orleans born-and-bred taxi driver turned out to be one of those fence-sitters you keep hearing about but can't imagine actually existing.

"I'll probably flip a coin," he told me. Then later: "I'll let the wife decide."

About 319 million people live in the U.S., and, out of all of them, "people can't believe these two are it," he said, explaining the disinterest. "I don't care for Trump, and

### You'd hardly know there was a choice to be made at all.

there's something about Hillary. I never liked her."

But on Sunday, the Catholic priest at St. Louis Cathedral ended mass, as many church leaders across the country undoubtedly did, by urging his congregants: "Please, I am begging you, exercise your right to vote."

"Take your Catholic faith into the booth," he asked, an enigmatic request, given the fact that the only Catholic on

the presidential ticket is pro-choice Hillary's VP pick, Tim Kaine.

On Facebook, in American cities further from the libtious, laid-back New Orleans, friends of mine complained they'd been having sleepless nights.

In the era of Brexit, in a country where former KKK leader David Duke can run for the Senate and land a spot on a legitimate Louisiana debate stage, in a world that has birthed this particularly bloated, infectious iteration of Donald Trump, the waiting — the suspense — is terrifying.

I, myself, am deeply worried.

## Pastors rallying the vote

At church services, in rallies and on social media, black pastors urged congregants to vote, hoping to inspire a late flood of African-American turnout that could help propel Democrat Hillary Clinton to victory in critical swing states on Tuesday.

On the final weekend of the presidential campaign, a pastor in Detroit spoke of voting and citizenship. In Philadelphia, the minister reminded congregants others had died for their chance to cast a ballot. The Rev. Jesse Jackson spoke to a few hundred people in front of City Hall in Tallahassee, Florida, before they marched a block over to the county courthouse to vote early.

Along with women and Hispanics, African-Americans are seen as critical to Clinton's chances against Republican Donald Trump. However, early voting data from key states indicate turnout will not be as high this year as it was four years ago, when Barack Obama, the nation's first African-American president, was on the ballot. Sunday's efforts were aimed at minimizing that decline.

Bishop T.D. Jakes, pastor of the Texas megachurch The Potter's House, tweeted on a red, white and blue backdrop: "Make sure your voice is heard. Vote on Nov. 8."

"Preachers are trying to strike a moral nerve and somehow penetrate the fog of indifference," said the Rev. James Forbes, retired pastor of The Riverside Church.

"These are very crucial times to a nation with so much anger, so much anxiety about the future," Forbes said. Forbes has been travelling the country to mobilize voters. He and other pastors have taken pains to emphasize they were not endorsing a candidate, but it was hard to mistake some remarks Sunday that signalled a deep opposition to Trump. THE ASSOCIATED PRESS

## Madonna urges voters to keep America great

Madonna belted out some of her biggest hits on Monday night as she treated people in the city to a surprise outdoor concert in support of Democratic presidential nominee Hillary Clinton.

About 300 people jammed into Washington Square Park, in the heart of Manhattan, to watch the pop singer perform "Express Yourself," "Don't Tell Me," "Imagine," "Like a Prayer" and "If I Had a Hammer" while they sang along.

Madonna opened the 30-minute performance by urging the crowd to vote on Tues-

## Canadian women's hopes for a female president

Kim Campbell has made no secret about who she would prefer to see win the U.S. presidential election.

The former Progressive Conservative prime minister has been vocal in her distaste for Republican candidate Donald Trump, who she views as unqualified, untruthful and undermining democratic institutions in a world where many countries still strive for peace and security.

Campbell would welcome a victory by Democratic candidate Hillary Clinton. And she thinks Americans electing the first woman U.S. president would send a remarkable signal around



**Kim Campbell, former Progressive Conservative prime minister.**  
TORSTAR NEWS SERVICE FILE

the globe that yes, women really are up for the job.

"The landscape from which people get their sense of how the world works is a very powerful influence in terms of the subliminal attitudes people have about who gets to do a job," Campbell said. "I think it will encourage a lot of young people to think differently about who gets to do that job."

Liberal Sen. Mobina Jaffer said she saw this kind of effect in action soon after she became the first Muslim and first person of South Asian descent to be named to the upper chamber in 2001.

Jaffer said she remembers walking along an Ottawa street when a young Afghan girl approached her and learned she was a new senator.

"And she said, 'Well, if you can become a senator then I can become a prime minister,'" Jaffer recalled.

Liberal MP Julie Dzerowicz said that kind of validation is needed, even for women who have already been elected to office.

"I can tell you that not only do we have to prove ourselves to win the nomination, we have to re-prove ourselves every single day," said Dzerowicz. THE CANADIAN PRESS

# China bars elected leaders from office

## FOREIGN AFFAIRS

## Lawmakers used separatist language, displayed flag

China's top legislature took the rare step Monday of intervening directly in a local Hong Kong political dispute by effectively barring two legally elected separatist lawmakers from taking office, setting the stage for further turmoil in the semiautonomous city.

Beijing moved to deny Sixtus Leung, 30, and Yiu Wai-ching, 25, a second chance to take their oaths after being disqualified on their initial attempt last month for using anti-China insults and foul language. But the manoeuvre circumvented Hong Kong's courts, raising fears that the city's independent judiciary is being undermined.

On Sunday, thousands rallied against the anticipated Chinese

government announcement. Police used pepper spray and batons against demonstrators trying to reach Beijing's liaison office. Four people were arrested and two officers were injured, police said.

Leung and Wai-ching altered their oaths to insert a disparaging Japanese expression for China. Displaying a flag reading "Hong Kong is not China," they vowed to defend the "Hong Kong nation."

Beijing acted quickly. The National People's Congress Standing Committee, the country's top legislative panel, issued a ruling on a section of Hong Kong's Basic Law covering oaths taken by officials. It said talk of independence for Hong Kong is intended to "divide the country" and that those who advocate independence are disqualified from election.

It's the first time Beijing has stepped in to block elected Hong Kong lawmakers from taking office, or has interpreted the Basic Law before a Hong Kong court has delivered a ruling on a case.

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Riot police stand guard in Hong Kong. APP/GETTY IMAGES

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## INDIA

## Cities shut down over polluted air

The sickening air pollution that led the Indian capital to shut schools and construction sites this week has prompted similar measures in nearby cities.

Officials in the northern state of Uttar Pradesh said Monday that they expect the acrid smog to blanket the state within days.

For more than a week, New Delhi's skies have been filled with a thick haze that has made people's eyes sting and their throats sore. Air pollution experts blame myriad pollution

sources, from diesel-burning cars and seasonal crop burning to garbage fires and stoves fueled with kerosene and cow dung. Winter weather patterns also mean there is less wind to circulate the air.

On Monday, Associated Chambers of Commerce of India warned that the pollution could have an economic impact, and released a study suggesting up to 10 per cent of workers had called in sick during the last week.

THE ASSOCIATED PRESS

## ECONOMICS

## Global conference talks fair pay, diversity

Christine Lagarde, chief of the International Monetary Fund, on Monday called on governments and businesses to do more to promote the same economic opportunities for men and women and to fight discrimination that interferes with those goals.

Speaking at a conference in Washington, she said that ensuring equal pay boosts growth.

promotes diversity, reduces economic inequality around the world and helps companies earn more.

Lagarde said that developing countries can foster equal pay by channeling government spending to areas such as education, health care and infrastructure, which affect women most.

THE ASSOCIATED PRESS



JULIE TERRIN,  
Graduate, Masters Certificate in Project Management  
Business Development Officer, Hydro International

## EMMA TEITEL ON PRINCE HARRY'S NEW LOVE

# What's so special about one heterosexual interracial couple? Not much, until you consider the British monarchy's long and checkered history of bigotry.

Who knew that Prince Harry, the seemingly daft but cute British royal prone to donning Nazi apparel and walking around in the buff, would be the guy to finally usher his noble brood into the 21st century?

And yet it's true. News emerged recently that Prince Harry is dating American actress Meghan Markle, who unlike the relentlessly Caucasian British monarchy, hails from a mixed-race background. Markle's mother is African-American; her father is white.

No big deal, you might be thinking. Welcome to 2016, where interracial unions are more common than ever before. Besides, as far as stories about diversity and representation go, there are far more interesting ones floating around right now than "When Harry Met Meghan". Cover Girl just named its first Muslim brand ambassador, Nura Afia, who wears a hijab; the National Women's Hockey League welcomed its first openly transgender player; and DC comics recently launched Midnighter and Apollo, the first mainstream comic to star a pair of same-sex, crime-fighting, superhero lovers. What's so

special about one heterosexual interracial couple compared to all of that?

Not much, until you consider the British monarchy's long and checkered history of royal bigotry. A mere half-millennium ago, in 1596, Queen Elizabeth I of England, free-spirited daughter of Anne Boleyn

double downed on the comment, alleging that nobody in China seemed to mind the remark, so why should anybody else? And who can forget Princess Michael of Kent's infamous New York restaurant tantrum of 2004, when the Princess (wife of Prince Michael of Kent, a cousin of today's Queen



**MONOTONE MONARCHY?** Prince Harry has been linked to Toronto-based *Suits* actor Meghan Markle, who is biracial — and that's still a big deal for the royal family, Emma Teitel writes. Here they are wearing suspiciously similar bracelets. GETTY IMAGES/MEGHAN MARKLE INSTAGRAM

**This progressive shift in the mindset of England's royal family may one day open the door of Buckingham Palace to all different kinds of suitors.**

and Henry the 8th and patron of Shakespeare, wrote a letter to the mayors of several English cities complaining that too many black people had begun showing up in the country. (She subsequently also requested that they be deported, although she made no noise about building a wall.) Of course this was the 1500s, when, we're led to believe, you didn't have to be royal to be racist. For more recent proof, let's fast forward back to 1986, and eavesdrop on Prince Philip, Duke of Edinburgh, warning a group of British exchange students in the Chinese city of Xi'an that if they stayed in China any longer they'd become "slit-eyed." (Prince Philip later

Elizabeth) allegedly told a table of African-American diners, who she felt were having too good a time, to "Go back to the colonies."

In tolerance terms, in short, the royals have been, as the kids these days like to say, a "problematic" lot.

But their youngish progeny: William, Kate, and yes, even Harry, are conversely, kind of cool. They are modern. Prince William, echoing his late mother Diana's gay-friendly bent, became the first British royal in history to appear on the cover of an LGBT publication (*Attitude Magazine*). And Prince Harry, while perhaps not the sharpest tool in the shed, seems to have come along way since the Nazi



costume incident.

My intention here isn't primarily to give terrifically privileged white people props for being less bigoted than their ancestors, but to point out that this progressive shift in the mindset of England's royal family may one day open the doors of Buckingham Palace to all different kinds of suitors. Thanks to examples like Prince Harry and Meghan Markle, the role of romantic partner of a prince or princess, one previously reserved for white heterosexuals, is expanding, surely, if slowly.

Personally, I've never been able to fully commit to royal fascination; I always suspected that were Prince George to grow up to have more in common with Boy George than King George, he'd probably be asked by the familial powers that be to keep quiet about his sexual proclivities.

But if Harry marries Meghan in the next decade or so, maybe not. And come three or four more decades, we may all have a shot — colour, creed, and orientation be damned — at shacking up with members of one of the richest, and certainly most exclusive, clans on the face of the planet.

Sure, worshipping royalty — an archaic, regressive and criminally extravagant private club — is probably as illogical as it is embarrassing. But as soon as the possibility arises however tiny — that you too might one day be asked to join, it's funny how reasonable and necessary that private club can start to look.

**Emma Teitel** is a national affairs columnist for the *Toronto Star*.

## Let's investigate why we rely on rooming houses

### INSIDE THE PERIMETER

**Shannon VanRaes**



Two things stand out from my first visit to Winnipeg's so-called Murder Mansion — the blood on the ceiling and an elderly woman in a Northern Reflections sweatshirt.

A cub reporter at the time, I was there to door-knock following the stabbing death of Philip Mayur, one of many whose life has been cut short at the notorious Balmoral Street rooming house. Only one person was willing to speak to me: the woman in the pastel sweatshirt.

She invited me and my photographer into her room. We sat on the bed as she took the only chair. There was a hot-plate and kettle on her dresser.

What I will never forget is the woman's story. She looked like my grandmother, lived in a single room and, now, couldn't walk to the shared bathroom without stepping over pools of blood.

Most of her life she had worked as an educational assistant, not getting rich, but getting by. Then a relative needed financial help. She agreed, but the relative never repaid the loan, so she was forced to borrow money only to fall behind in payments, resulting in a shattered credit rating and rejections from reputable landlords. No savings, no credit and finally no employment had ultimately meant living out her retirement with no privacy, no safety and no certainty. At least she wasn't homeless, she said.

If you poll residents of Winnipeg's rooming houses today, no doubt you'll find a great variety of people and

stories, but there would be the once-common denominator — everyone wants to live somewhere safe, secure and comfortable. No one wants to live in poverty or keep a bucket in their room because it's too dangerous to use the shared facilities. No one wants to live in a fire trap.

And make no mistake, rooming houses are fire traps. This year alone five people have died in Winnipeg rooming-house fires, far more than any other major Canadian city.

In response to those deaths, city council has decided that high-risk rooming houses will now be inspected once a year. It is a good, obvious, reasonable step that should have been taken many decades ago.

It's also a huge missed opportunity. Rather than use these tragic deaths as a spring board to examine the real issues — poverty, marginalization and affordable housing — council is debating the size of Band-Aid to slap across what amounts to an arterial bleed.

Today, we need rooming houses. Without them a great many more Winnipeggers would be homeless. But rooming houses should not be seen as a permanent solution so much as a symptom of our society's utter failure to protect its most vulnerable citizens.

Rooming houses can provide safe, viable housing with respect for tenants and care for property. A rare example of this is the Unger family's houses on Spence Street.

But by and large, rooming houses are overpriced, overcrowded slums, operating in aging, inner-city buildings with little oversight. What it takes to change that is political will. If last week's discussion at city hall is any indication, that will simply isn't there.

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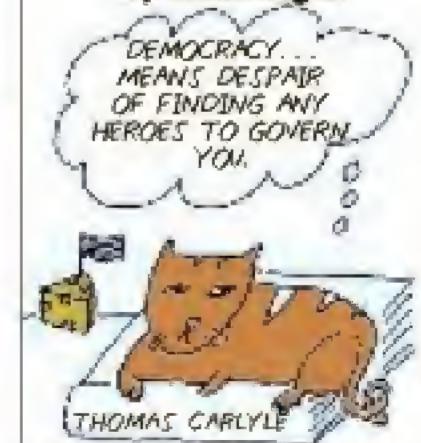
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## BREAKING BARRIER JAVITS

Hillary Clinton is gearing up for a humongous party in the biggest venue in New York City — the Jacob Javits Center. It has a glass ceiling, which some suggest is symbolic for Clinton's attempt to break the ultimate barrier and become the first woman American president.

The Clinton camp's other election forecast is for bright skies — lit by fireworks over the Hudson River. Clinton's guests will include friends, family, invited lawmakers, selected members of the news media and a few lucky members of the public determined ahead of time. There will be no general admission for the public.

Barring a voting mishap, the first round of champagne glasses (for either candidate) will likely be filled around 7 p.m. ET, when the first states, Indiana, Kentucky as well as a very big swing state, Florida (with 29 electoral votes) close their polling stations.



# Contrast in Election Day parties

The presidential candidates' Election Day celebrations might reflect their confidence in the outcome of the contest. Both will be in New York City, but each has rather different festivities planned.

AMANDA MIKELBERG/METRO NEW YORK

## INVITATION ONLY HILTON

In contrast, the usually extravagant Republican nominee Donald Trump has reportedly planned a more reserved election night gathering at the Hilton New York ballroom. The space is decidedly less fancy than the Trump Tower atrium. It would have been ill advised to hold it there, because it's a privately owned space, and the city had already fined Trump \$10,000 for holding campaign events there, New York Magazine reported. A source told the magazine that Trump's party will be "relatively small" because Trump is "superstitious."

"The event is invitation-only for friends and supporters of the Trump-Pence campaign," according to a news release.

As for Trump's fireworks, he's fresh out, since last Wednesday he both entered and exited a rally in Florida with the explosives.



## U.S. ELECTION

# CBC anchor says Canadians will tune in

CBC News anchor Peter Mansbridge has covered some rather unpredictable U.S. elections.

In 1980, Ronald Reagan beat incumbent Jimmy Carter to many pundits' surprise. In 2000, it took a recount in Florida and a Supreme Court decision to declare George W. Bush had defeated Al Gore. And in 2004, it seemed John Kerry was going to win, right up until polls closed, but Bush emerged victorious.

But the current battle between Hillary Clinton and Donald Trump, which culminates in Tuesday night's vote, is unlike

any Mansbridge has ever seen.

"Everybody says the same thing," says Mansbridge, the CBC's chief correspondent and anchor of *The National*, noting he was in New York last week speaking with friends at other networks.

"Some of these people I've talked to have been covering U.S. elections for 40 years and it all comes down to Trump."

"His campaign is so unconventional, it's all about him, he defies the old rules, does things differently and as a result, everybody counted him out early and

they kept counting them out. Now suddenly he seems to be back in the game."

The unprecedented nature of the election is, in part, why CBC News is "going to go wall-to-wall" with its coverage on Tuesday, says Mansbridge.

Mansbridge will host CBC News: *America Votes*, starting at 8 p.m. ET on CBC News Network and 9 p.m. ET on CBC.

CBC contributors will be based in Toronto, Ottawa, Vancouver and Washington, at the Trump and Clinton headquarters, and at some U.S. polling stations.

"U.S. election nights have been a spectator sport for those of us in Canada and elsewhere in the world," says Mansbridge.

"This one is different because I think everybody feels some ownership of the story. They can't have an impact on the result but the result can certainly have an impact on them in ways that I'm not sure we've seen before."

Mansbridge predicts Canadians will watch homegrown networks in "good numbers" on Tuesday night.

THE CANADIAN PRESS



Peter Mansbridge has covered some rather unpredictable U.S. elections, but this one is unlike he's ever seen. CONTRIBUTED

# A day some veterans try to avoid

## PUBLIC CEREMONY

### Remembrance Day brings anxiety, stress for soldiers

After returning from Rwanda, retired lieutenant-general Romeo Dallaire avoided Remembrance Day "like the plague."

The prospect of donning his uniform for a public ceremony, or even watching a televised parade, was too much after witnessing countless atrocities during that failed peacekeeping mission.

"I had lost soldiers under my command. I had seen soldiers grievously injured under my command. I had seen soldiers lose their mind under my command. And I avoided that day like the plague. At best — at best — I might watch it on TV," says Dallaire, who was dismissed from service after that mission because of resulting depression, anger and suicidal thoughts.

"One year, the CBC in French had me do a play-by-play and I said, 'I'll never do that again.' It was just so tormenting."

For most Canadians, Remembrance Day is a time for gratitude, reflection and expressions of national pride. But for many soldiers and veterans scarred by trauma, it's a time of anxiety, stress and unwelcome triggers.

Those experienced with treating mental health issues stemming from military service say they often see these anxieties in those who have not adjusted well to life after a tour of duty. Their ability to handle Nov. 11 general-



Remembrance Day is a time for the Canadian public to acknowledge soldier sacrifices and express their gratitude, but for many damaged Canadian soldiers, the day is accompanied with anxiety, stress and unwelcome triggers. iSTOCK

ly corresponds to the experiences they had with the military, how much support they receive from friends and family, and what, if any, treatment they are offered upon return.

Dr. Ruth Lanius notes the day can be especially difficult for those battling post-traumatic stress disorder, a condition marked by recurrent memories of a stressful event, nightmares, and severe emotional distress or physical reactions to any reminders of war-time trauma.

Even though well-meaning citizens organize these events to recognize sacrifice and offer grati-

tude, a damaged soldier might find the hoopla only increases their survivor's guilt, or highlights their perceived failures.

"I've seen veterans who it's taken years for them to be able to attend a Remembrance Day ceremony because it triggers them so much and it brings back their own memories," says Lanius, speaking from London, Ont.

How to handle that stress varies from person to person, she adds. While it might be important for some service members to work through that anxiety and learn to embrace Remembrance Day, that might be too

overwhelming for others.

"In some cases it can also be experienced as a tremendous relief because it makes them feel closer to some of their buddies that they've lost in war," she says. "I met one man last year who hadn't been able to attend in years and this was the first time he'd been able to attend. Even though I think it caused a lot of emotional distress for him, I think it really also led him to experience a sense of mastery for having been able to attend after such a long period of time."

Dallaire recalls how his own soldier father, who com-

manded an infantry regiment in the Second World War, would grudgingly participate in the Remembrance Day parade.

"And he hated it. Because if there's a time when those that you saw suffer, those that you saw die or injured come back to life in a haunting way, it is that day, during those ceremonies," says Dallaire, who outlines his battle with PTSD in *Waiting for First Light: My Ongoing Battle with PTSD*, co-written by Jessica Dee Humphreys and published by Random House Canada.

"They would wash that down with gallons of beer and so on

afterwards at the legions."

Dallaire says his own feelings about the day have swung widely from both extremes. Early on, he joined the parades with pride — but this was before he had suffered any casualties under his command.

Things were different after serving in Rwanda, where he was a helpless witness to a horrifying genocide that slaughtered hundreds of thousands of people.

Still, he encouraged the Can-



“

**I avoided that day like the plague.**

Romeo Dallaire

adian public to participate in the annual ceremonies, especially politicians and public servants.

And he urged citizens to acknowledge soldier sacrifices and express thanks directly to any military member they might encounter. All of that matters, he says.

"It is a fundamental duty of the citizenry to feel that pride. And to express it. To express it by being there, to express it by buying the poppy, to express it by shaking the hands of a vet or a serving soldier. Actually stopping somebody in uniform on the street and thanking them," says Dallaire. THE CANADIAN PRESS

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"He's the best player in the world": Connor McDavid's assessment ahead of his first NHL game against Sidney Crosby on Tuesday night in Pittsburgh

# Jets, Trouba end holdout

NHL

## Defenceman inks two-year contract worth \$6 million

General manager Kevin Cheveldayoff expects Jacob Trouba to be welcomed back by his Winnipeg Jets teammates and their fans.

The holdout defenceman resigned with the NHL club on Monday, inking a two-year deal that pays him \$2.5 million US this season and \$3.5 million in 2017-18.

"I think that Jacob is a popular player in the room there," Cheveldayoff said in a Monday conference call. "I'm sure that there was contact with different players and the like during this time so I don't anticipate that's a problem there."

Trouba missed Winnipeg's training camp and the start of the season while sitting out over a dispute with the team.

Trouba's agent Kurt Overhardt said in a September press release that the blue-liner wanted an opportunity to play somewhere else, citing Winnipeg's logjam of defenceman.

Cheveldayoff said Monday he doesn't think fans will hold a grudge against the 22-year-old Trouba.

"What I believe is that Jacob

will go out and he'll play hard," Cheveldayoff said. "And I think the things that brought the fans towards liking him in his first three years, I think you're going to see those things occur again."

"And, certainly, he's going to help our team to win, which is ultimately what I think everyone in the stands wants to see."

Cheveldayoff, who has a picture on his office wall of him shaking Trouba's hand after the Jets selected him with the ninth overall pick in the 2012 NHL draft, said he's glad the dispute is over.

## 22

Trouba had been expected to continue playing this season on the left side with veteran Dustin Byfuglien, where he was logging an average of 22 minutes per game.

"I'd be lying if I said it wasn't certainly a difficult and trying time from my perspective because Jacob means a great deal to our organization," said Cheveldayoff, who met with Trouba when the team played in Detroit last Friday.

"There's a long-standing relationship that goes that's deeper than just the

game," he added. "You care about how he's doing. You care about not just the business side of the game. You care about how he's holding up."

Trouba has been skating in his home state of Michigan with trainers and teams in the Detroit area and could arrive in Winnipeg as early as Tuesday.

Cheveldayoff wouldn't discuss how negotiations played out in regards to a potential trade, but he did respond to reports that Trouba wanted out of Canada.

"From the very onset, Jacob didn't have a problem playing in Winnipeg and didn't have a problem playing in Canada," Cheveldayoff said.

Had Trouba not signed a contract somewhere by Dec. 1, he would have had to sit out the remainder of the NHL season.

In 211 NHL games, Trouba has 23 goals and 49 assists for 72 points. He's eligible to sign a contract extension July 1.

THE CANADIAN PRESS



Jacob Trouba could arrive back in Winnipeg as early as Tuesday.  
BRUCE BENNETT/GETTY IMAGES

UFC

## Jones handed max 1-year suspension

UFC interim light heavyweight champion Jon Jones will serve a doping ban until next July after an arbitration panel denied his appeal of a positive test.

Widely considered the world's best pound-for-pound fighter, Jones was pulled from a July bout against Daniel Cormier shortly after news about the positive drug test.

Jones claimed to have taken a sexual-enhancement pill but ended up testing positive for two banned anti-estrogen agents.



Jon Jones GETTY IMAGES  
The arbitration panel delivered the maximum one-year suspension, saying Jones' "degree of fault verged on the reckless." THE ASSOCIATED PRESS

## IN BRIEF

### Alouettes cut ties with longtime GM Popp

For the first time since the Montreal Alouettes returned to the Canadian Football League 21 seasons ago, they are searching for a new general manager.

Team president Mark Weightman announced Monday that Jim Popp, the architect of three Grey Cup champion teams, has parted ways with the Alouettes under mutual agreement with owners Bob and Andrew Wettenhall. THE CANADIAN PRESS

SOCER

## Extension caps CR7's 'dream year'

Life in Madrid certainly seems to agree with Cristiano Ronaldo.

The Portugal forward signed a five-year contract extension with Real Madrid on Monday, capping an exceptional year after triumphs with his club in the Champions League and with his national team in the European Championship.

"It's not my last contract, let's make it clear."

Cristiano Ronaldo

my life," Ronaldo said. "After winning the Champions with Madrid, the Euro with Portugal and now having my contract extended, it's a dream year. This is too special. Life is good, I'm telling you."

The three-time world player of the year is Madrid's all-time leading scorer with 372 goals in 360 matches. THE ASSOCIATED PRESS

NFL

## Raiders turn ship around

Two years after starting the season with 10 straight losses, the Oakland Raiders head into their bye week in a far different place: first place.

Fresh off a 30-20 victory over the defending Super Bowl champion Denver Broncos that left them all alone in first in the AFC West, the Raiders now get the chance to rest up a bit before the stretch run of a season they hope will include playoff games for the first time since 2002.

After building a strong record with wins against some of the lesser regarded teams, the Raiders (7-2) stamped their arrival as legitimate contenders with a complete victory over the Broncos on a prime-time stage.

The offence controlled the line of scrimmage and ran for 218 yards, Derek Carr made key plays in the passing game, the defence shut down Denver's run game and harassed Trevor Siemian all night and even the special teams got into the act with two punts downed at the 2, prompting celebratory dances from punter Marquette King.

"I think it was closest," coach Jack Del Rio said Monday when asked whether his team put together a complete game. "I think all three phases certainly contributed in the game. They had really good moments, all three. We see a lot of things that can be better. That's what we're going to keep working at. I don't know if you ever reach that perfect performance you're striving for anyway but there are things we need to clean up, that we need to be better at."

THE ASSOCIATED PRESS



Latavius Murray rushed for three touchdowns on Sunday night. GETTY IMAGES

# Acting the part in playoffs is key

## BOMBERS THIS WEEK



Ed Tait

The key — as the old football edict-slash-commandment goes — is to 'act like you've been there before.'

The legendary Bear Bryant preached it. So, too, did Vince Lombardi, Bud Grant and any iconic coach who has his likeness cast in bronze or granite and plopped down in front of stadiums all over this planet.

It's an axiom that was first muttered in response to an over-the-top touchdown celebration, but has come to reference a lot of things in football, including how a team prepares for a game. It means stay cool, be calm and carry on even in the face of the enormous win-or-go-home pressure.

And it will undoubtedly come up this week as the Winnipeg Blue Bombers prepare for their first playoff game in five years in this Sunday's Canadian Football League West Division semifinal in Vancouver against the B.C. Lions.

Why? Because 'acting like you've been there before' is a

tough sell when so many on the Bomber roster are new to all this.

Oh sure, there are guys who have played in big bowl games in the U.S. and Vanier Cups in Canada. But it's different when livelihoods and financial rewards are at stake and the Grey Cup playoffs are all of that and then some.

The Bombers' current roster, practice roster and injured

list features 17

players who

have appeared

in a playoff

game, 10 of

whom have

also suited up

for a Grey Cup.

That leaves 40

players who are

all new to this.

That doesn't exactly scream out 'experienced.' And maybe that, in part, is why head coach Mike O'Shea asked some of his troops who have been there before, to detail to the rest of the masses what changes now.

"The biggest thing for me as a younger player when I experienced my first time in the playoffs is you notice how

much the intensity level of the game has risen," said Bomber receiver Weston Dressler, who has nine playoff games — including two Grey Cups — on his resume. "You go through a regular season, all the games, and you feel like you're giving everything you got. Once you get to the playoffs, you find a way to dig a little bit deeper. It's making sure guys are ready for that and aren't surprised

by the intensity level and the energy that is involved in a playoff game.

"It starts with practice. You can feel the energy right now. We're not practising today,

but just the guys in the locker room, you can feel an energy level and the importance of what a playoff game brings to the table. You can't really find that until you're in that situation. As the week goes on it is harnessing that excitement and the nerves and all that stuff and just preparing well for the game."



Defensive back Bruce Johnson, centre, and the Blue Bombers closed out the regular season with a 33-20 win over the Redblacks in Ottawa on Friday night. SEAN KILPATRICK/THE CANADIAN PRESS

proach, whether it's from a player that has been there-done that already, or one that will be lining up for his first post-season tilt come Sunday.

"It's what you always play for," said Bomber quarterback Matt Nichols. "You don't know how many times you get an opportunity like this and you know this exact team isn't go-

ing to be together next year. So, as a team, we're excited to go on this journey together and this is the first step in getting to where we want to be."

Ed Tait is the Blue Bombers director of content. His columns appear weekly in Metro. Follow him daily on Twitter (@EdTait\_WPC) and bluebombers.com.

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## RECIPE Mushroom Barley Soup



**Ceri Marsh & Laura Keogh**  
For Metro Canada

The soup boasts great, earthy flavours but it's the textures that have us coming back to this dish over and over.

**Ready in 30 minutes**  
Prep time: 10 minutes  
Cook time: 20 minutes  
Serves 6

**Ingredients**

- 2 Tbsp fresh thyme (less if dried)
- 3/4 cup of pearl barley
- 5 cups of stock (vegetable, chicken or beef all work)
- Salt and pepper to taste

**Directions**

**1.** In a large pot or Dutch oven warm up the olive oil over medium heat. Add your vegetables and thyme and allow to soften for about 3 to 5 minutes.

**2.** Add the barley and give it a good stir to coat it. Now pour over the stock and allow to simmer for about 20 minutes until the barley is tender but still chewy. Taste to check seasoning.

FOR MORE MEAL IDEAS, VISIT  
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**Aries** March 21 - April 20

Keep your focus on red-tape matters, like inheritances, taxes, debt and shared property. You will make good headway in these areas this week.

**Taurus** April 21 - May 21

Remember to get more sleep now, because you need it. The Sun, your source of energy, is as far away from you as it gets all year (in your chart).

**Gemini** May 22 - June 21

Respect your desire to get better organized. Act on this impulse. Make a to-do list of everything you want to do so that you are more effective, efficient and productive.

**Cancer** June 22 - July 23

Give yourself permission to play and have a good time, because that is what you want to do. Ideally, sneak away on a vacation. Sports events, the arts, social outings and playful times with kids all have appeal.

**Leo** July 24 - Aug. 23

Home, family and your domestic life are your focus now. Some of you will be more involved with a parent.

**Virgo** Aug. 24 - Sept. 23

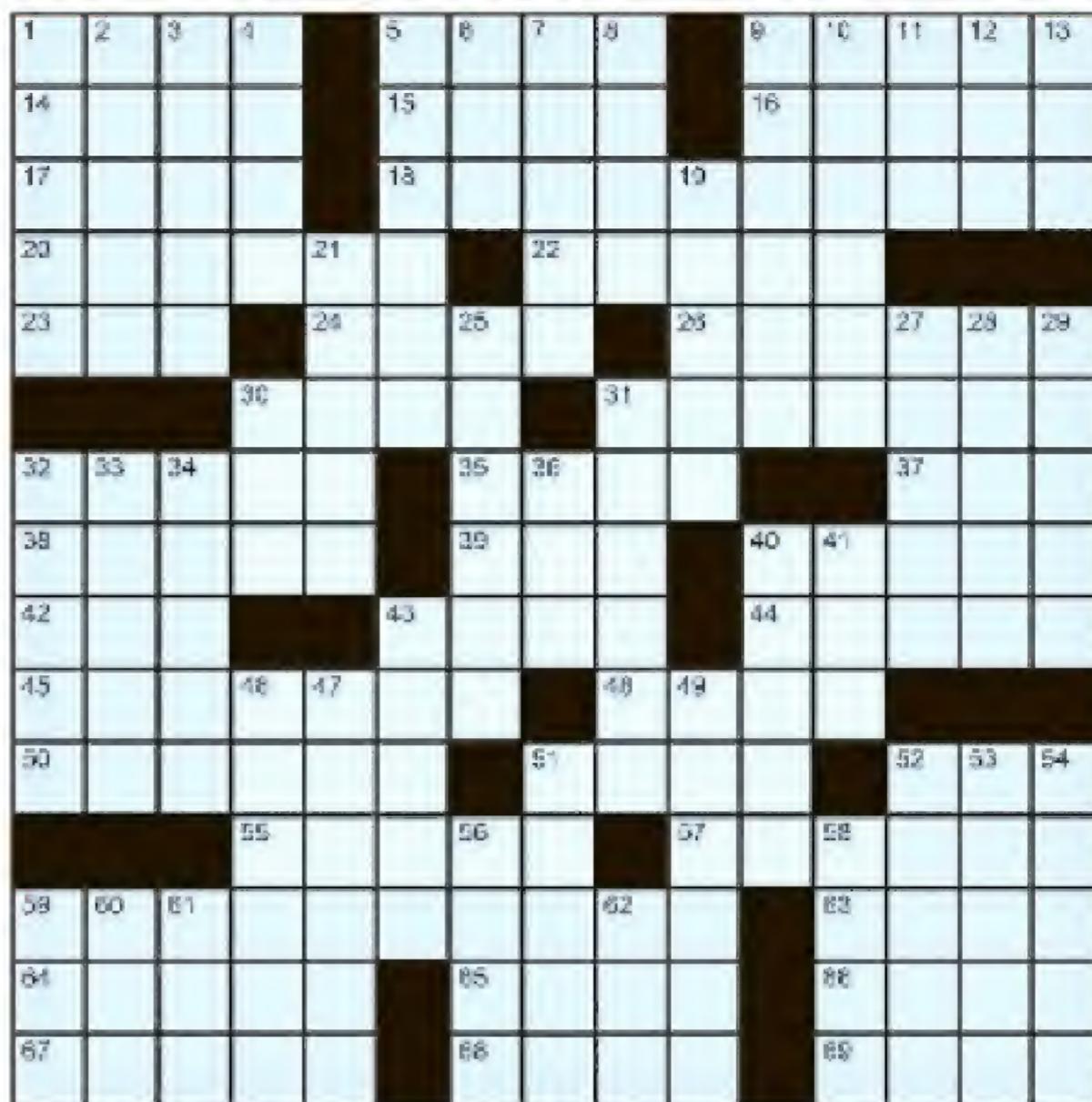
The pace of your days is accelerating because of your busy, jam-packed schedule. Short trips, increased reading and writing, plus errands and conversations with others will keep you racing.

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- From \_ to stern
- Marsh creature
- Wagons
- Record
- Thus
- Irish actor Milo
- Grimm opening part...
- Canadian actor Raymond Massey's turn as an American President, " \_ in Illinois" (1940)
- Confusions
- Chutzpah
- Jimmy
- Inactivity
- Market merchant
- Party platter's spreadable pick
- Ceiling fan, for example
- Assuage
- Similar
- Living longevity
- Greenish-blues
- Arrange
- Inspid
- Bother
- Clothing, informally
- Kicks off
- Fade, as excitement: 2 wds.
- " \_ it about time?"
- Monk, for one
- Comfy
- Polka's stylish pal
- Bounded
- Prehistoric tool
- Ottawa-born comic actor who starred as a President in "My



Fellow Americans" (1996): 2 wds.  
61. Go \_ detail (Elaborate)  
62. Diminish  
63. Go \_-Dokie  
64. 'Band' suffix (First Aid kit supplies)  
65. Communicated like a coyote

Shelters  
Hard to come by  
Chainsawed tree remainder  
Pig-resembling creature  
\_ glue

Eatery's fare  
listing  
Cups-and-saucers gift: 2 wds.  
Royal symbol  
Insurance company worker  
Canned fruit brand  
Curving outward,

as certain lenses  
Upward move  
17th Greek letter  
\_ number (Ring?)  
Francisco  
Dick \_ legendary Montreal Canadiens coach

- Implores
- Autumn, for one
- Guitar star Mr. Eddy
- Liver or kidney
- Whirls
- Stovetop sight
- Is part of the clique: 2 wds.
- Citric, and others
- Song segment
- Los Angeles basketballer
- Beer \_
- \_ drums
- Appropriate
- Refine
- Get wider, as pupils
- Was a good soldier
- Some leathers
- Tend the fire
- \_ -ling!
- Beaver-ish looking mammal
- " \_ Were the Days" by Mary Hopkin
- Exec. \_ (TV show gig)
- Faux-teller
- Lightly apply
- Sleeveless garment
- Official-sounding 'No'
- Feminine side

## ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20

Keep your focus on red-tape matters, like inheritances, taxes, debt and shared property. You will make good headway in these areas this week.

**Taurus** April 21 - May 21

Remember to get more sleep now, because you need it. The Sun, your source of energy, is as far away from you as it gets all year (in your chart).

**Gemini** May 22 - June 21

Respect your desire to get better organized. Act on this impulse. Make a to-do list of everything you want to do so that you are more effective, efficient and productive.

**Libra** Sept. 24 - Oct. 23

Your focus on money, earnings and your possessions continues. Respect your moneymaking ideas, because they might be worthwhile. Write them down so that you can assess them later.

**Scorpio** Oct. 24 - Nov. 22

With the Sun in your sign now, you are blessed. People and favorable situations will come to you. It's your turn to replenish yourself for the year!

**Sagittarius** Nov. 23 - Dec. 21

Stay in the wings and work behind the scenes. Set aside some time so that you can make plans for your new year ahead. (Birthday to birthday.)

**Capricorn** Dec. 22 - Jan. 20

Accept all invitations. Enjoy your popularity, particularly with younger people. This is a good time to define goals and actively pursue them.

**Aquarius** Jan. 21 - Feb. 19

Now is the time to go after what you want, because people in power admire you. Don't ask why — you can call it "smoke and mirrors," but it's true. Demand the advantage!

**Pisces**

Feb. 20 - March 20  
Do something to broaden your horizons. Sign up for a course, learn something new and talk to people from other cultures. Of course, nothing beats the firsthand experience of travel.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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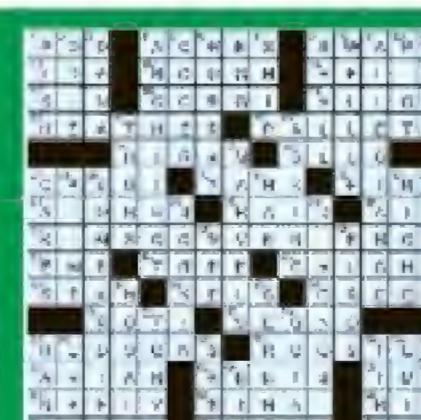


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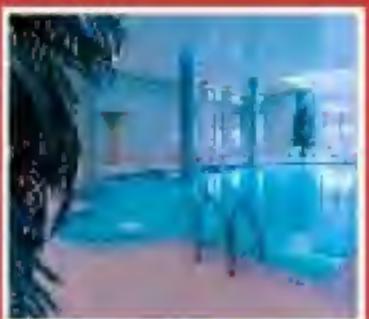
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The Inuit Art Centre will house more than 14,000 objects. RENDERING BY MICHAEL MALTZAN ARCHITECTURE

# Inuit art getting a fancy new home

WINNIPEG ART GALLERY

## WAG to break ground on its Inuit Art Centre in 2017

**Reid Wright**

The Winnipeg Art Gallery (WAG) is home to the largest public collection of contemporary Inuit art anywhere in the world, and work is just about to begin to build the unique space that will be far more than just a home for the artwork.

After years of planning and fundraising, the WAG is expected officially break ground on its Inuit Art Centre in 2017.

"We have been building this collection for over 60 years — it began with one or two objects and now it's well over 14,000 — but we've also, over the course of the last 50 years, organized over

160 exhibitions, and published over 60 books," says WAG director and CEO, Dr. Stephen Borys. "So we've done more than any other museum in the world on the subject, however the Inuit Art Centre gives us a chance to take it to a whole new level."

"It's not just about exhibiting the work, it's also about programs, engagement, and building bridges with the North."

The Inuit Art Centre will be built next to the WAG building at the corner of Memorial Blvd. and St. Mary Ave. and will be connected to the gallery on all levels.

The 40,000-square-foot building will include a glassed-in art storage and conservation space that will leave the gallery's entire collection of Inuit art visible to passers-by on the street, studio space, classrooms and study space for students and scholars, an interactive two-level theatre, space for artists and curators-in-residence, and an 8,000 square-foot, 34-foot-high exhibition space.

Borys says as well as creating a permanent home for the gallery's collection of Inuit sculptures, prints, drawings, and artifacts, the Inuit Art Centre will act as a hub for Northern artists.

"Our goal is there is going to be a constant movement of people, ideas, and art between the North and the South."

The total cost to build the Inuit Art Centre is pegged at \$65 million, with all three levels of government and private donors pledging the money needed to get the project built.

Borys says as long as funding promised by the previous Manitoba government is recommitted by the new government, work on the two-and-a-half year project will start next summer.

In the meantime some of the 7,500 pieces of Inuit art on loan to the WAG from the Government of Nunavut are on display for Our Land: Contemporary Art from the Arctic, which runs at the WAG until Jan. 8.

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# Waiting game for pot legalization

WINNIPEG 420

## Group expects more answers from federal government

Reid Wright

Organizers of Winnipeg's 420 rally have high hopes the federal government's promise to legalize pot will come in time to turn their annual April 20 protest at the Manitoba Legislative grounds into a celebration. But they're not holding their breath.

"Do I hope that next year on the 20th of April there's legislation being tabled or being passed? Sure, that would be awesome, that would be great," said Winnipeg medical marijuana advocate, and president of Winnipeg 420, Steven Stairs. "But do I think it will happen? No, I'm not counting on it."

The federal Liberals have pledged to table a bill legislating marijuana by the end of the 2017 spring session of parliament, which runs until June.

But Stairs — who is legally blind and allowed to grow and use marijuana for medical purposes — awaits a report from a federal task force looking into how to legalize pot, which is expected to be released by the end of the month, before he makes any predictions on when legalization will come.

In the meantime, he's just happy to see progress being made.

"Either way, whether it happens on April 20 or not, I think we will at least have a better understanding about what will be coming forward by that point,"

he said. "We won't be as far in the dark about it as we are now. There will definitely be reasons to celebrate."

The Manitoba government is also anxious to find out more about the fed's plans to legalize pot, because it will handle questions like where and how marijuana will be sold in Manitoba once it's legal, where it can be consumed, and what the minimum age for legal purchase will be.

Manitoba's Justice Minister Heather Stefanson says legalization could also mean the province's crime prevention and safety legislation will have to be changed, but what those changes are and what exactly legalized weed will look like in Manitoba is still hazy.

"This is difficult to answer until the federal government has provided greater clarity on the nature and scope of the legalized and regulated marijuana access

regime," explained Stefanson, who says the province will also be tasked with creating a harm-reduction strategy around legalization. "Almost every policy decision a government makes will have an impact — directly or indirectly — on the health of the people it serves."

Stefanson said the Manitoba government will work in collaboration with the other provinces and the federal government to make sure measures are in place to protect children and youth from exposure to pot, whether in packaging, home grows, or second-hand smoke.

She said the province is working to build capacity in prevention, education and treatment before implantation, and to develop a clear, comprehensive communication strategy to make sure the public and other stakeholders understand what is permitted, as well as the risk and harms associated with use.

## BIG PARTY FOR 2018

Although he might not be convinced pot will be legalized in time for this year's Winnipeg 420 rally, organizer Steven Stairs is confident legalization will come by the end of 2017.

And he's planning a real blowout for the 2018 edition of the annual April 20 pot party to mark the occasion.

"I want to turn it into a two-day festival," he said. "We'd still have the regular 420 people sitting on the legislative building grounds smoking pot and doing the civil disobedience thing... but there will be a second day where there will be things like food

truck wars and a vape garden — which will be like beer gardens except with pot."

Stairs says the idea for the two-day festival is to celebrate the success past protestors have had in getting weed legalized on day one while still acknowledging the work that still needs to be done to make sure everyone who needs the plant for medical reasons can access it. "We want to turn it into a much more celebratory atmosphere because, look at all the progress we've made," he said. "We aren't being tackled by the cops, we've got storefronts and resource centres opening up."



Steven Stairs, medical marijuana advocate and president of Winnipeg 420, would like to see pot legalized in time for the 2017 Winnipeg 420 rally. REID WRIGHT



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## New Assiniboine space treats horticulture as art

CANADA'S DIVERSITY GARDENS

**Celebrating the importance of our connection to nature**

**Reid Wright**

The last major phase of the Assiniboine Park Conservancy's 10-year, \$200 million redevelopment of the park — Canada's Diversity Gardens — is expected to begin growing in 2017.

Canada's Diversity Gardens will replace the park's aging conservatory, and Margaret Redmond, president and CEO of the

Assiniboine Park Conservancy, says it's designed to be a "horticultural display of the future" with plant collections, gardens, and horticultural displays, blending with culture, diversity, and a community gathering space.

"We wanted to create more of a dynamic space, more of a community space — really treating horticulture as art — as something that people can connect with, tell stories, and tell cultural stories in particular," explains Redmond. "There's really nothing like this happening anywhere in North America."

Canada's Diversity Gardens will sit in the south-east corner of the park, and will include outdoor garden space and an arboretum built around four

cornerstone attractions — the Leaf, the Indigenous People's Garden, the Cultural Mosaic Gardens, and the Grove.

Redmond says the centrepiece of Canada's Diversity Gardens will be the Leaf, a more than 6,000 square-metre glassed-in facility that will give visitors a multi-seasonal experience through four distinct zones each featuring different climates and environments.

The four zones include a tropical biome, a Mediterranean biome, a display house that will celebrate the art of horticulture, and the Shirley Richardson Butterfly Garden, which will allow visitors to interact with butterflies.

"We want to let plants tell

the story of how humans rely on plants and nature, and how we have to find a way of living in harmony," says Redmond. "I feel this is a project of its time and it's a project that will celebrate the importance of our connections to nature and the importance of our connections to each other."

All three levels of government have pledged funding for the \$70 million project. Redmond says as long as the province comes through with money promised by the previous government, shovels will hit the ground on Canada's Diversity Gardens in 2017.

Individual donors can also pledge support by going to [assiniboinepark.ca](http://assiniboinepark.ca).



A rendering of Canada's Diversity Gardens' lobby. CONTRIBUTED

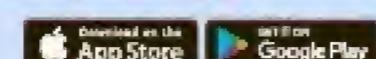
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# Part of the downtown fabric for 50 years

**Austin Grabish**

A lot has changed at the University of Winnipeg over the last 50 years, but one thing that hasn't is the school's rich culture and strong connection to the city's core.

"We're a big presence in the downtown," said Jino Distasio, the university's vice-president of research and innovation.

Distasio has an intimate connection with the U of W — it's where he went to school in 1988 and has been his second home ever since.

Looking back at the university's growth over the years is a favourite talking point for Dis-

tasio, who is also the director of the school's Institute of Urban Studies.

"We went from a small, really tight-knit community of just a few thousand to now a real powerhouse of the downtown," Distasio said.

"We have seen our downtown transform itself."

Evidence of the university's expansion is sprinkled all over Winnipeg's downtown.

From new student housing to the four-storey eco-friendly Buhler Centre, to the brand new RecPlex that replaced a surface parking lot, there's no doubt the university has grown.

"Not many would have envisioned being able to fit basically a FIFA-sized field in the mid-

dle of downtown. That's unique," Distasio said.

Distasio added there's more to the RecPlex than just sport.

He said it's not uncommon for 20 countries to be represented at one soccer game inside the complex, which is open to inner city kids. "We've tried to be the best partner possible," Distasio said speaking of the university's community engagement efforts.

U of W's connection to the community and its obligation to support change is something different Distasio said the school tries to get across with its students.

"There could be a lot of campuses where students just come and go and you don't understand the context that you're

in," he said.

"It's important for us to understand what's happening in the downtown, in the inner city."

Distasio credits the school's small class sizes in helping students reach that experiential learning.

"We've been a place where I think students can really engage and apply community-based research that's just outside our doors."

And while there's a lot new at the university, some things haven't changed including the few dozen vintage orange chairs kicking around on the school's fourth floor.

"We've all sat on them," Distasio laughed.



Culture and connection remain strong at the University of Winnipeg, as the campus expands across the city. CONTRIBUTED

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# Ambitious changes coming to The Forks

RAILSIDE AND PARCEL 4

## Winnipeg landmark will see mixed-use development

**Reid Wright**

The Forks has no plans on slowing down after a busy year that saw some big changes in 2016.

And visitors to the Winnipeg landmark can expect to see more in 2017, including the start of The Forks' ambitious Railside and Parcel 4 development, according to Paul Jordan,

chief executive officer of the Forks Renewal Corporation.

The project will eventually see more office and commercial space added to the site, and for the first time ever, residential space available for Winnipeggers who want to live at The Forks.

"Railside is going to be a classic mixed-use development," explained Jordan. "The main floor of all the buildings will be very public, with a mix of office, residential and commercial, but there will also be very high quality public spaces, plazas and parks sprinkled throughout."

The development is planned for the 12 acres of surface parking lots between Union Station



Aerial photo of The Forks from summer 2015. [THEFORKS.COM](http://THEFORKS.COM)

and the Canadian Museum for Human Rights, and Jordan expects preliminary work will start in the parking lot north

of the City TV building next year, so shovels can hit the ground in 2018.

"You'll start to see some ar-

cheological work and those kinds of things next year, getting ready for the next phases of the rail side development in 2018 — the actual building starting," he said.

"We've been developing The Forks site since 1988 and these two last big surface parking lots are a continuation of what we've been doing all along."

The plan also calls for Union Station on Main Street to become a pedestrian entrance to The Forks, and to get the process started, Jordan said The Forks will move its offices into the building starting next year.

"The idea is to start turning the lights on and getting that beautiful building going."

The plans include plenty of

parking to replace the spots lost when the surface lots are transformed, but stresses The Forks also aims to encourage pedestrians and cyclists, and work starting on the third phase of the cycle track beginning next year will continue that push.

"We're seeing numbers more than doubling in terms of cycle visits to our site," he said. "When it's all done in 2018, our cycle path will complete the connection between Osborne Village and St. Boniface from the Assiniboine bike path to the Esplanade Riel pedestrian bridge."

Check out what's planned for The Forks' Railside development at [railsideattheforks.com](http://railsideattheforks.com).

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# True North Square will take shape in 2017

**Donna Maxwell**

The first phase of True North Square isn't set to be completed until 2018, but what could be the crown jewel of Winnipeg's Sports, Hospitality and Entertainment District (SHED), is being built from the ground up right now and by 2017, Winnipeggers will begin to see the first of four towers taking shape above the horizon.

Katie Hall Hursh, senior director of business development for True North Real Estate Development Ltd., said to this point construction has been below ground, or in the

hole. Passers by can glimpse downward to see progress, but by next summer, everything, including our eyes, will be looking up.

"Excavation always seems to take a lot of time and it's amazing once you start the structure and getting to grade above it will come very quickly," Hall Hursh said.

"In 2017, for our first tower, that's 242 Hargrave, we'll actually see the structure being topped out by August of 2017, and then the building envelope will start to be installed."

The \$400 million, four tower, mixed-use development has two lead tenants, Thompson Dorfman Sweat-

man LLP and Scotiabank, both of which will occupy the first tower.

Construction on the second tower, a residential building at 225 Carlton, will begin in 2017 as well and Hall Hursh said there will be further announcements about how that space will look at that time.

The project has Winnipeggers excited and Hall Hursh said at True North they can definitely feel that excitement. She said they hear from people who work downtown, as well as their peers, and they're all asking questions and curious about what's going on.

"There's a real buzz about the project and what its im-

pact, its hopeful impact is going to be on the way our downtown currently sets up, about how Winnipeggers view downtown and the extended life that it hopefully is going to bring to the streets and the surrounding areas," she said.

"We're hearing it from all over, so we're encouraged by that. We've been excited about the project since day one and we're very glad that the community is now having the same reception."

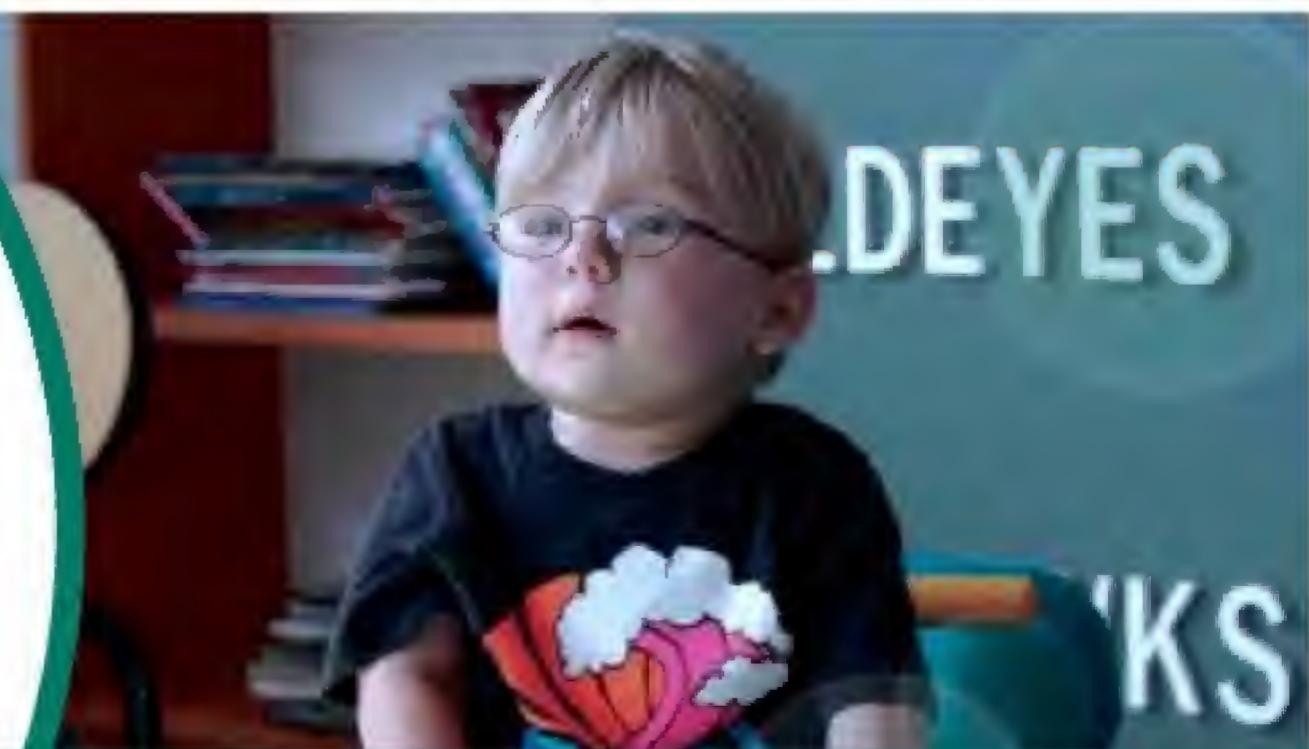
The True North website updates construction site photos every 20 minutes to track the progress, or, Hall Hursh suggests visiting the skywalk connection between City Place and the MTS Centre.



While construction has been below ground thus far, by next summer the first of the four towers will be going up. CONTRIBUTED

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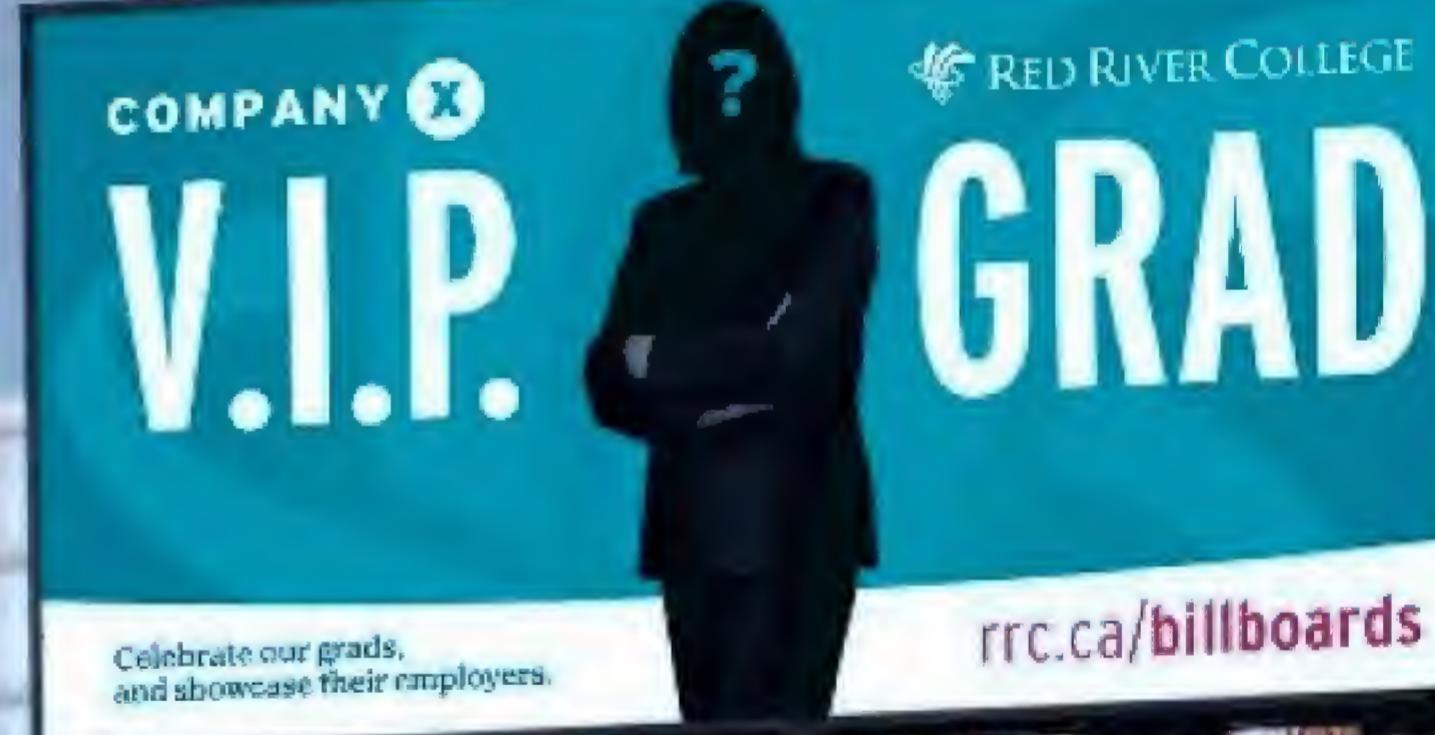
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